



**headspace**

National Youth Mental Health Foundation

# STRESS-LESS

## a free course to students

The program is designed to help students in years 11 and 12 to handle the stress of exams, school work and their daily lives. It provides useful tools to help students to achieve their potential without the stress.

**The program concentrates on three broad areas:**

### Self care

- Handling stress and anxiety
- Maintaining a healthy head space
- Relaxation techniques

### Organisational skills

- Using your time effectively
- How to read textbooks
- Setting up a good study environment

### Study and exam techniques

- Your learning styles
- Improving your memory
- Preparing for exams
- Useful note taking



#### When

Wednesdays 10am to 11.30am during school terms

The hYLITE Centre will remain open until 2.30pm for Year students to complete assessments with support of hYLITE Mentors

#### Where

headspace - 130 Havannah Street

#### Starting

Wednesday 1st March

**For any enquiries, please contact Amanda on 6338 1100**